

EDGEMOOR DPSNF
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The Cutting Edge

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COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY



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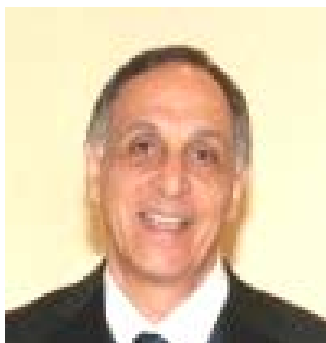
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From the Administrator



As we embark upon a new year, Edgemoor is setting its sights for a higher level of service excellence. Now that we have earned a Silver Quality Award we are beginning our journey to achieve the Gold Quality Award. This will entail support from many areas. A strategic plan is being formulated with input

from staff, residents and family members obtained through multiple meetings. We continue to seek out feedback via resident and family surveys. Fortunately our surveys continue to be refined based upon prior responses and a keener vision of our target. The more completed surveys we receive the better the indicators of how we are doing caring for your loved one. Achieving a Gold Award will not be a simple task, but with everyone's support and honest feedback our direction will be clear. The application process will start next fall, but our preparations for it begin today. I know Edgemoor can count on your support to help us on our course.



Troops Write Back to Say Thank You by Nancy Beecham

During Christmas the Nursing department had a cookie drive for active duty service personnel. One of the units we sent care packages to Task Force Corsair wrote back and included a photo of themselves with the care packages and their Chaplain wrote us a little thank you note. These troops would have received these packages just in time for Christmas so excellent timing!

As you can see from the photos, these packages make a profound impact on the troops who receive them.



MAP,

On behalf of TF Corsair, I'd like to thank you and your supporters from the bottom of our hearts for the care packages and notes sent to us especially during the Holiday Season. Care packages and messages are a reminder that we are not in this alone! May your organization and its supporters be blessed for your generous support!

A special thanks to Trika D. (Summerville, SC), Elisabeth M. (Livermore, CA), Donna L. (Clayville, NY) and Don and Missy B. (Winchester, VA).

I've included a few pics of us receiving, sorting and enjoying care package items.

Cpt. "Grog" S.
Chaplain
Task Force Corsair
Kandahar Airfield,
Afghanistan

Resident Inventory by Rebecca Ferrini Medical Director

We are announcing a change in practices at Edgemoor that may impact you. The facility has tried to maintain an accurate inventory of resident belongings (clothes, electronics, knick knacks), but has found that this process is failing. Over time the inventories are not accurate—things that come in might not be entered, things that go out or are used or broken are not crossed out. Many residents are here for years. Many Edgemoor residents have hundreds of items and it is impossible to keep track of everything. Edgemoor staff is spending a lot of time on managing belongings that would be better spent on caring for the personal needs of the residents.

We reviewed the regulations and are required to do an inventory upon admission and discharge. Per regulations, this process will continue. However, we will no longer be attempting to track every item of clothing or other belongings for the residents on an inven-

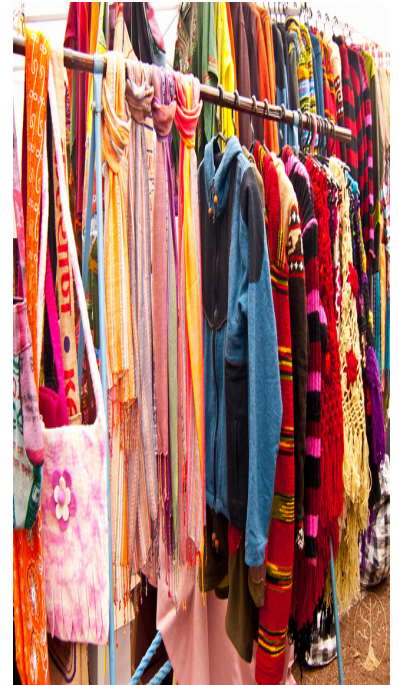
tory sheet after admission to the facility.

We will still offer marking services and continue to make sure all electrical items that plug in are checked before use.

If items are found missing, we will continue our policies of replacing used clothing with other used items from donations. The residents will be clothed through hospital supplied outfits. We will investigate all claims and try to come up with a reasonable solution.

We continue to remind you that the facility houses 192 residents who are here for medical reasons and who are funded through public benefits. Our primary concern is meeting their complex medical, psychological and social needs, not keeping track of expensive or valuable belongings. If an item is valuable, the resident and family will need to keep track of it and assume responsibility for its loss.

As always, if theft is suspected, and valued at more than \$100, a report is made to the sheriff.



Nutrition Services by John Pizzo Chief Nutrition Services

In conjunction with Therapeutic Recreation, Nutrition Services is holding a new monthly meeting we call the "Kitchen Club" in which residents share their ideas about the food and meals at Edgemoor. They give us requests and between everyone, the Resident Choice Meal for the next month is chosen. Then meeting also allows residents to meet Nutrition staff they may never see otherwise. We invite and encourage all residents to attend the Kitchen Club as it has become a valuable resource for all of us.

In December the Kitchen Club request was for a Hispanic meal. Residents asked and Nutrition

Services provided carne asada tacos with the traditional offering of beans, rice, salad and flan for the dessert. This was soon followed with the resident Christmas party where a scrumptious array of desserts and beverages complimented the musical entertainment and a visit from Santa. The Christmas meal was a more traditional affair of Steamboat Round beef and all the fixings. December also saw the change to the Winter/Spring menus and a return to the offering of a different nightly soup that is a favorite of many residents. January also included the celebration of New Year's Day with a special lunch that hopefully put the "Happy" into the New Year. The January Resident

Choice Meal was an Asian theme.

Other changes include the recent switch to 1% low fat milk, the additional of several items to the menu and nourishments per resident requests. We welcome all input. Our goal is to provide our residents with healthy safe appetizing food that they find appealing and great tasting.

Flu Outbreak Prevention by Rebecca Ferrini

In January 2015, Edgemoor had a single case of confirmed influenza A in a resident and one other resident had a fever. Because of the worries about the dangers in flu in those who are elderly or disabled, Edgemoor implemented a flu outbreak prevention plan. We offered Tamiflu medication to ALL Edgemoor residents and to all staff.

This medication will reduce or prevent your chance of catching the flu. We are pleased to let you know that the resident who had the flu is well and back to normal and no other staff or residents to our knowledge caught the flu. However, we are not out of the woods yet.

This flu season, the vaccine is not as effective and the flu seems to be more serious. We still have flu in the San Diego community and a risk that someone will bring another case into the facility.

Please help us by NOT visiting if you are sick. If you have a fever, muscle aches, headache, sore throat or dry cough—wait and get well before coming please. If you are not sure if you are sick, wear a mask. If you did not get a flu shot this year, wear a mask. No matter what, please wash your hands frequently and avoid touching your eyes, nose or mouth.



If you have not received the flu vaccine, the County Public Health Officer recommends that you wear a mask while visiting or working. All children under 18 should wear a mask while visiting. Masks available at the Front Desk. This notice will remain in effect until rescinded by the County Public Health Officer.



How is the flu spread? The Flu is spread from one person to another. People with flu can spread it to others up to about 6 feet away. Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might also get flu by touching a surface or object that has the flu virus on it and then touching their own mouth or nose.

How can I avoid the flu? Wash your hands with soap and water or sanitizer with all patient contact and when touching things in the environment. If you need to touch your own mouth or eyes or nose, sanitize your hands first so you do not bring germs from the environment into your body. You can wear a mask. You can take Tamiflu or other medication to fight off the flu if you are exposed.

When can I catch the flu? How will I know if I was exposed? Most healthy adults may be able to infect other people beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Children may pass the virus for longer than 7 days. Symptoms start 1 to 4 days after the virus enters the body. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Some people can be infected with the flu virus but have no symptoms. During this time, those persons may still spread the virus to others.

How can I give the flu to others? If you never catch it, you cannot pass it. So wash your hands and keep them away from your nose, mouth and eyes! If you do feel you might have the flu, please stay home and focus on getting yourself healthy. Fever, muscle aches, feeling bad, dry cough, sore throat are main symptoms. Do not come back to work or visit until you have no fever for at least 24 hours.

What is happening at Edgemoor and how does it impact me? At Edgemoor we had ONE resident with the flu on Santa Maria and the person is now cured. No other residents or staff to our knowledge got the flu.

No one was seriously ill or hospitalized. We are taking temperatures and responding to those with elevations. We are limiting admission and activities on Santa Maria during this time. We are proud of our infection control practices of good hand washing, keeping the environment clean, and isolation of those who are sick.

What is the deal with the masks?

☐ Masks are designed to offer protection both to the individual wearing them and to the resident.

So, the mask keeps the residents from getting sick from you and you from getting sick from the residents.

☐ Visitors are asked to wear a mask if they are possibly ill and insist on visiting, if they have not had a flu shot or if they were exposed to the flu.

☐ Masks do not need to be worn outside resident care areas or for those who are not approaching residents closer than six feet away.

☐ To protect themselves and the residents, staff is always permitted to wear a mask.

Love Your Heart Day at Edgemoor

Edgemoor staff show they have Heart by wearing red on Love your Heart Day February 13, 2015.



Concorde nursing students lead by their instructor Lairlyn Romero RN provided blood pressure screenings to over 150 staff, family, and Santee residents as part of the county's Love Your Heart/Live Well Initiative



Therapeutic Recreation Events by Anne Monaco Supervising Recreational Therapist

During the month of December residents were treated to a variety of special events and activities. We were extremely fortunate to have community groups, volunteers and individuals share their love with us during the Holiday Season.

The Holiday Season began with a great party, sponsored by Jazz Musician, Holly Hofmann. Her jazz trio rocked out with our residents and a guest appearance by Santa and pictures with him made the day a huge success.

Two new programs that were added to the December activities calendar this year were the Tuesday, sing-a-long with Lucy and performances of the Twelve Days of

Christmas with TR staff and Lucy! Both programs were well received and we had some good, belly laughs during the Twelve Days performances.

Our community partners; "The Hartford" and the "Santee Girl Scouts" were very generous this year! We enjoyed Christmas caroling with both groups! Because of their fabulous donations all of our residents received nice gifts this year.

Residents had the opportunity to make seasonal ceramics items, create holiday crafts, attend shopping outings and see the Christmas lights. On December 24th the Therapeutic Recreation Department staff took Christmas presents to each resident in the facility. No one was left out.

On Martin Luther King Jr. Day we hosted students from Christian College of Santee. The students came to help liven up our wheelchair Zumba class and they sure did! Everyone danced, laughed and had a blast with the added



energy level in the room.

Other great programs will be coming to Edgemoor this spring. Keep your eyes and ears open for upcoming TR events!!

